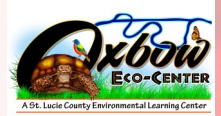


August 2016



(772) 785-5833
www.oxboweco.com
5400 NE St. James Drive
Port St. Lucie, FL 34983



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 9:30am Tai Chi for Health 10:45am Tai Chi Yang Form	6 3pm Critter Crunch & Munch
		Nature Connects: Robotics & Lego Camp 9am-1:30pm				
7	8	9	10	11 3:30pm Tales & Trails	12 9:30am Tai Chi for Health 10:45am Tai Chi Yang Form	13 3pm Critter Crunch & Munch
14	15	16	17	18	19 9:30am Tai Chi for Health 10:45am Tai Chi Yang Form	20 3pm Critter Crunch & Munch
21	22	23	24	25	26 9:30am Tai Chi for Health 10:45am Tai Chi Yang Form	27 3pm Critter Crunch & Munch
28	29	30	31			

August 2016

Tai Chi for Health

Fridays (August 5,12,19,26)@ 9:30am

Tai Chi Yang Form

Fridays (August 5,12,19,26) @ 10:45am

Tai Chi instructors, Hilde and Hector Ruiz-Puyana will lead classes in Tai Chi for Health and Tai Chi Yang Form designed for everyone, including those who suffer from arthritis, diabetes, osteoporosis, and balance issues. \$12 per class or \$40 for 4 classes

Both forms are appropriate for ages 16 and up. RSVP a must.

Critter Crunch & Munch

Saturdays (August 6,13,20,27) @ 3:00pm

Bring something to snack on while you watch the Oxbow's animal ambassadors enjoy their favorite time of day -- meal-time! Appropriate for all ages, FREE.

Tales & Trails

Thursday, August 11th @ 3:30pm

Join Ms. Phyllis for a story time adventure; and then take a hike in our butterfly garden or down the boardwalk to see what kinds of animals you can spot. Each month the story changes but the fun never stops! Ages 2-6, FREE.

Nature Connects: Robotics & Lego Camp

August 1st - 5th @ 9am-1:30pm

This fun hands-on technology and nature-based camp introduces the work of the most ingenious engineer of all time – Mother Nature! Participants will build, program, and explore clever robot models of different creations using Lego Bricks. From animals to plants to extreme weather this camp will have something for everyone. Each camper will need to bring their own snacks and lunch.

Ages 10-14, \$120 per child. RSVP a must.

For registration contact

[772-785-5833](tel:772-785-5833) or

www.oxbow@stlucieco.org

Trails are open everyday from dawn to dusk

Are you looking to get more acquainted with your environmental community?

Or perhaps you'd like to utilize your professional skills after retirement..

Volunteer opportunities available

Contact Erin Cartmill for more information:

cartmille@stlucieco.org

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